

# Kickapoo Pool

## Fall Water Aerobics for Adults

This is an excellent opportunity for individuals to stretch, tone the muscles, and improve the body's aerobic system! Water creates resistance which makes you work hard, yet supports the body preventing those aches and pains from exercising on dry land. No swimming skill is required. You do not need to get your face or hair wet.

- Water Aerobics taught by a certified lifeguard
- 60-minute class

### Registration Options:

- ☐ 14 Monday 5:00-6:00 classes = \$65
- ☐ 14 Wednesday 3:30-4:30 classes = \$65
- ☐ All Classes September-December = \$140
- ☐ Pay as you go for \$5/class when you email your schedule ahead of time.

Register by emailing the instructor, Jessica Nelson [jnelson@kickapoo.k12.wi.us](mailto:jnelson@kickapoo.k12.wi.us) with the words "water aerobics registration" in the title of the email or leave a voicemail at 608-627-0136

**The registration deadline is Friday, September 1st.**

## September

Monday	Tuesday	Wednesday	Thursday	Friday
4 Labor Day	5	6 3:30-4:30	7	8
11 5:00-6:00	12	13 3:30-4:30	14	15
18 5:00-6:00	19	20 3:30-4:30	21	22
25 5:00-6:00	26	27 3:30-4:30	28	29

# October

Monday	Tuesday	Wednesday	Thursday	Friday
2 5:00-6:00	3	4 3:30-4:30	5	6
9 5:00-6:00	10	11 3:30-4:30	12	13
16 5:00-6:00	17	18 3:30-4:30	19	20
23 5:00-6:00	24	25 3:30-4:30	26	27

# November

Monday	Tuesday	Wednesday	Thursday	Friday
10/30 5:00-6:00	10/31	1 3:30-4:30	2	3
6 5:00-6:00	7	8 PT Conferences	9 5:00-6:00	10
13 5:00-6:00	14	15 3:30-4:30	16	17
20 5:00-6:00	21	22 No school	23 Thanksgiving	24 No School
27 5:00-6:00	28	29 3:30-4:30	30	

# December

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6 3:30-4:30	7	8
11 5:00-6:00	12	13 3:30-4:30	14	15
18 5:00-6:00	19	20 3:30-4:30	21	22